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THURSDAY, FEBRUARY 27, 2003

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# Jax Air News

## TOUCHING BASE

Advancement exams just around the corner

The March advancement exams are few weeks away. Candidates for E6 will take the exam on March 6, E5 candidates on March 13 and E4 candidates on March 20 at Hangar 1000.

All candidates must report by 6:30 a.m. with their military I.D. card and in the uniform of the day.

The verification of worksheets will be handled through command Pass and Liaison Representatives (PLR) no later than Feb. 28.

For more information, call PSD at 542-4218.

### NAS Jax Chapel Ash Wednesday schedule

Ash Wednesday ushers in the season of Lent. Ashes will be imposed as follows:

#### Catholic

Saint Edward's Chapel  
Wednesday, March 5  
at 11:30 a.m.

#### Episcopal and Protestant

All Saint's Chapel  
Wednesday, March 5  
at 6:30 p.m.

### Base Commissary celebrates Frozen Food Month

The NAS Jacksonville Commissary will kick off its National Frozen Food Month with a ribbon cutting ceremony on March 3 at 10 a.m.

All commissary patrons are invited to attend this event and enjoy a free breakfast while listening to a performance by the Navy Band Southeast.

In addition, participants will have the opportunity to enter a special drawing for a chance to win one of the 31 freezers donated by various vendors that will be raffled off during the month of March.

On March 12, commissary patrons will be treated to a free lunch.

The celebration will continue with a two-day tent sale March 14 -15, followed by an art exhibit created by the NAS Jacksonville Child Development Center children.

Demonstrations by numerous vendors will take place March 24 - 28.

For additional information, call Laurie at 542-5311, Ext. 2.

## Trench-less technology

*Base benefits from new sewer repair developments*

By JO1 Mike Jones  
Assistant Editor

To look at the yard, you wouldn't be able to tell that just a few days prior a fairly large stretch of sewer pipe was removed and replaced. That's the benefit of trench-less technology – a benefit which hasn't escaped the attention of NAS Jacksonville.

From a vacant riverfront home on base, NAS Water Utilities Division Director Fred Burns and a team of contracted plumbers recently demonstrated for a PBS documentary crew how a line of sewer pipe can be replaced with minimal disturbance to the surface of the yard.

"We've done some major sewer line repairs along Yorktown Avenue," explained Burns. "This is the first time we've utilized this in the housing areas."

Trench-less technology's minimal surface disturbance proved highly efficient with the Yorktown Avenue project, Burns noted. "Yorktown is a major thoroughfare. The sewer line's more than 10-feet deep, and replacing and repairing those pipes the old way would disrupt traffic there for probably a month."

Prior to this trench-less method, accessing the pipes meant construction teams would have to dig trenches the entire span of the pipe section in need of repair or replacement.

Aging lateral pipes, sewer-line



Photos by JO1 Mike Jones

Plumber Jerry Copass guides the new pipe through the entry point as it's pulled through the old pipe structure.

branches which connect individual homes to main lines, pose potential hazards, Burns explained.

"As tree roots breach these older pipes, this allows excess water to enter the system. That excess water, especially during heavy rains, can cause lift stations to overflow, causing a sewer spill," he added.

Repairing the older pipes could also mean damaging the tree roots. "Trench-less technology is the best way to go because we won't kill our trees. Some of the trees on base are hundreds of years old," said Burns.

Here's how it works: Two small entry and exit holes are dug. A steel cable is inserted through the old pipe and threaded through the exit point. By using a hydraulic pull, this cable pulls the new polyethylene pipe (outfitted with a cor-



Plumber Greg Taylor operates the hydraulic pull during the pipe replacement project.

simultaneously demolishing the old pipe while laying the new one in place.

Polyethylene pipes are much more resistant to corrosion and can last far longer than the original pipes, Burns explained. "We don't have to worry about these pipes cracking either," he added.

In addition, this method eliminates costly landscaping repairs associated with pipe restoration.

"With an open trench, not only do you have an approximately four-foot wide trench, but you have a big pile of dirt on the side. Also, you have landscape damage from all the equipment used to dig those trenches," continued Burns.

Trench-less technology will benefit the installation for many years to come. "Our goal is not only to do the efficient thing, but the right thing for the environment and this community," Burns said.

## Hundreds enjoy annual luncheon

By Miriam S. Gallet  
Editor

"The Souls of Black Folks: Centennial Reflections" was the theme of this year's African-American Month Luncheon held last Thursday at the NAS Jacksonville River Cove Officer's Club and Conference Center. Hosted by NAS Jacksonville Multi-Cultural Awareness Committee along with NADEP EEOAC, this year's luncheon proved enormously successful.

The crowd of more than 350 participants enjoyed a skillfully choreographed and dramatic dance performed by Charity Jenkins, a 14-year-old high school student and listened to the moving words delivered by this year's guest speaker, Brigitte Hogan.

Hogan, a native of Newburgh, N.Y. who moved to Jacksonville in 1992, is a local radio personality. She hosts the nightly "SoulFlower Hour" radio show and is recognized as an actress, poet and singer/songwriter.

During her eloquent speech Hogan said, "We struggle for a different kind of freedom today, yet we struggle just the same. We are angered in the same way our ancestors were, but we may not be moved to react in the same way our ancestors did. Mothers are still crying, brothers are still dying. I wonder sometimes if we have enough people among us who are courageous enough to fight like Dr. Martin Luther King."

NAS Jax Commanding Officer Capt. Mark S. Boensel closed the luncheon with the presentation of awards and encouraged the participants to take care of each other and to remember that African-American History and the contributions made by African-Americans are part of our every day life.

Gospel Inc. provided the music for the event and the NAS Jax River Cove Officer's Club and Conference Center staff prepared the traditional soul food buffet.



Photo by PH3 Jennifer Rivera

Charity Jenkins, a ninth-grader from Edward H. White High School performs a dramatic and moving dance during the NAS Jacksonville African-American Month Luncheon held last Thursday.

For more photos from the African-American History Luncheon, see Page 8

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## WEEKEND WEATHER



FRIDAY 50/67  
MORNING SHOWERS



SATURDAY 53/68  
PARTLY CLOUDY



SUNDAY 55/70  
EVENING SHOWERS

Seven-day forecast available at Naval Atlantic Meteorology and Oceanography Facility Jacksonville's Web site:  
<https://www.nlmof.navy.mil>



# FFSC News

## FFSC eases transitions from military to civilian life

From FFSC

Separating from the Navy to the great unknown of a civilian career can be stressful, especially if all you've ever known is the security of military life.

Whether retiring from a long Navy career or separating after initial enlistment, departing service members and their families find transition support and oftentimes a new job through the Fleet and Family Support Center's Transition Assistance Management Program (TAMP).

"For those leaving military life, the TAMP programs are a huge help in transitioning to civilian life," said Larry Campbell, a former chief petty officer who went to the FFSC in Charleston, S.C., at the end of his 24-year Navy career. "The FFSC caters to each Sailor's situation."

TAMP offers several employment assistance programs to help Sailors and their families adapt to their new lives. These programs include career counseling, outplacement preparation, relocation assistance and networking skills. According to program managers, the most popular service is the Transition Assistance Program (TAP).

"The TAP seminar is very helpful and informative," said Campbell, "To ensure employment in the civilian

life, I think all Sailors should attend this seminar."

TAP is a three- to five-day seminar that addresses social, financial and professional issues associated with transition out of the military. It covers topics such as managing benefits and entitlements, job search preparation, salary negotiation, resumé writing and interviewing techniques. It is sponsored by the Department of Labor, Department of Defense, Department of Veterans Administration and Department of Transportation.

Another advocate of the TAMP program is Charles Noles of Brunswick, Maine, who decided after 12 years of service that it was time for him to leave the Navy.

"I was working in the Personnel Support Detachment office when I decided to go to the FFSC and check out their resumé writing classes," said Noles. "I had a year left of military life when I started taking classes."

During Noles' service, he also worked in computer network administration. There he taught himself Web design and computer applications, and completed an associate's and bachelor's degree at the local college on-base.

Michael LaRoche, the transition counselor at the Brunswick FFSC, worked one-on-one with Noles to help

prepare his resumé and search for a good job in Web design.

"Charles did not have working experience in Web design to add to his resume," said LaRoche. "Instead I helped him focus on his KSA – knowledge, skills and abilities – to strengthen his resumé for a job in Web design."

Noles attended job fairs at the FFSC and networked with various employers.

Soon after leaving the Navy, the networking and interviewing skills he learned at the FFSC paid off. Noles was hired by a computer and software company looking for employees at an FFSC job fair.

The FFSC provides operational, mobility and counseling support to service members and their families, helping them adapt to Navy life and maintain self-sufficiency. FFSC services are a benefit free to all service members, single or married, including reserves, retirees and Department of Defense civilians in overseas locations.

There are 55 FFSCs and 67 delivery sites worldwide. For more information on FFSC and its programs, call the NAS Jacksonville FFSC at 542-2766, ext. 127 or visit FFSC on the web at [www.persnet.navy.mil/pers66](http://www.persnet.navy.mil/pers66).



## Meet A Sailor...

AN JEANNETTE ALLARD

**Job title/command:**  
NAS Jax Command Master Chief's Office

**Hometown:** Tampa, Fla.

**Family Life:** Husband, AT3 Shawn Allard. We are expecting a baby girl in June.

**Past Duty Stations:** NAS Pensacola, Fla.

**Career Plans:** Planning to get into the medical field.

**Most Interesting Experience:** Being pregnant for the first time.

**Words of Wisdom:** Don't take life for granted.



## Meet A Civilian...

HENRY GRIFFIN RICHARD

**Job title/command:**  
Education Technician, Navy College Office

**Hometown:** Mobile, Ala.

**Family Life:** Single

**Past Duty Stations:** NAS Pensacola, Fla.

**Career Plans:** To advance my education and my career in civil service.

**Most Interesting Experience:** Working for Training Wing at NAS Pensacola testing naval flight officers for the various branches.

**Words of Wisdom:** Never give up, always go forward and believe in yourself.

## Military Spouse 101 information briefing slated

On March 27, NAS Jacksonville Fleet and Family Support Center and Morale, Welfare and Recreation Department will team up to co-sponsor Military Spouse 101. This program is designed to make spouses who are new to the military or the local Jacksonville area better aware of Navy and community support programs and services.

The program will include a mini overview of available military services and get acquainted reception to meet the base commanding officer and other support personnel.

The event will kick off at 6:30 p.m. at the NAS Jax River Cove Officer's Club Conference Center. This program will be presented every three months during 2003. Childcare will be available and registration is required.

For additional information and registration, call 542-2766, Ext. 130.

## Jax Air News

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## FROM THE DOC

## Athlete's foot can feel like you're walking on fire

By Lt. Chris Alfonso  
Flight Surgeon

Athlete's foot is a very common fungal infection, usually not seen before adolescence. Its medical name is tinea pedis, and a fungus that thrives on moist, warm skin causes it.

Specifically, athlete's foot describes the red rash on feet that are most often found on and between toes. The rash can be scaly, and the affected skin may crack.

The rash can also be painfully itchy, or "burn," and sometimes causes the feet to have an unpleasant odor. There is also a risk of further skin infection by bacteria when the skin is damaged from constant scratching.

Athlete's foot is one of the most common fungal skin infections around, and can sometimes be very challenging to cure. The fungus is not usually spread by skin-to-skin contact. Rather, exposure to contaminated surfaces, such as shower or locker room

floors, may infect feet.

The fungus more easily infects feet that are moist, and warm. Don't be misled by its name though...you do not have to be an athlete to get athlete's foot. Anyone can be victim, and at any time of the year, if the conditions are right.

There are several steps that can be taken to prevent, and treat, athlete's foot. First, by avoiding exposure to the fungus, and keeping good healthy foot hygiene, you can lessen any chance of getting infected.

Avoid exposure by wearing shower shoes when using public showers or locker rooms shared by many people. Clean your feet thoroughly each day with warm water, and soap. Ideally, this should be done twice a day, and special attention must be given to cleaning the areas between the toes.

Keeping your feet dry is also important. Wear cotton socks and shoes that allow your feet to breathe.. Also, by having at least two pairs of shoes that you can alter-

nate daily wear in, you can allow each pair to dry out.

If you get athlete's foot, you can purchase anti-fungal creams over-the-counter for treatment. You do not need a prescription for creams like, Tinactin, Micatin, or Lotrimin.

To maximize the effects of the anti-fungal cream, do the following: wash your feet thoroughly, dry them carefully, and then apply the cream to the rash and a little beyond the rash's borders.

Do this twice a day, everyday, for two to three weeks, or at least seven days after the rash and itching have disappeared. It sometimes takes up to a month for athlete's foot to clear up.

Avoid scratching, no matter how badly it itches. Breaking the skin's natural protective barrier may lead to a secondary infection of the skin caused by bacteria.

If the rash causes your feet to have an unpleasant odor, try rinsing your feet in a basin full of warm water with one ounce of

vinegar.

If you have a child suffering from athlete's foot, and their sneakers smell, you should wash the shoes in a washer, using bleach and soap.

If the above measures do not help your symptoms improve in about a week's time, or if you still have any symptoms after a month, you should visit your healthcare provider for further evaluation and treatment.

However, if there are any signs of a possible bacterial infection (signs of pus, swollen red skin very painful to the touch, etc.), see your healthcare provider right away.

Your doctor will determine the diagnosis, and check to make sure it is not another condition mimicking athlete's foot. Your doctor may prescribe a more powerful antifungal medicine.

Remember, practicing good foot hygiene is one of the best ways to prevent athlete's foot from sidelining you.

## HEY MONEYMAN

### Hey, MoneyMan!

I was reading *Navy Times* yesterday and noticed that there is a financial directory page full of places to get loans and financial help.

Most of them had toll-free phone numbers. Is this a new service or something the Navy has been offering for a long time, but I just never heard of it? Some of them even said they could provide cash in just one hour. I know this will come in handy when I deploy and my wife needs some money.

### MoneyMan Sez:

Just because you see it in *Navy Times* does not mean "the Navy" supports it. This applies particularly to these ads. In this week's paper, I counted 15 financial ads. Guess how many of them advertised their interest rates? None! Know why? Several, if not all, of them charge extremely high rates. One has a fixed rate of 365 per-

cent!

I would not recommend you or your wife borrow money from any of these places without checking out the fine print first. Review the contract and have someone else take a look.

Also, keep in mind, if you or your wife need money, you should first go to your Navy-Marine Corps Relief Society. Their interest rate is always zero. Call them at 542-3515.

### Hey, MoneyMan!

Do you know anywhere I can get a guaranteed 10 percent return on my savings?

### MoneyMan Sez:

Nope! Wish I did. There are no real "guarantees" but I do believe that if you invest some money every month, you will be way ahead of your buddies who do not.

If you are from a "typical" family who carries a balance on credit cards every month, I do know how you

can get a 17 percent tax-free return on your "investment."

Pay the credit cards off in-full. Don't try to get ahead by paying out 17 percent on your loans and earning 10 percent on your savings. Doesn't work!

**More questions? Call Hey MoneyMan at 778-0353.**



## Sunday Services

You are invited to the following Base Chapel Worship Services this Saturday and Sunday:

**Saturday**  
**Sunday**  
5:30 p.m. - Catholic Mass  
8:30 a.m. - Episcopal  
9:30 a.m. - Catholic Mass  
11 a.m. - Protestant Worship  
6:30 p.m. - Worship Service Hangar 749, The Leading Edge

Children's Sunday Class - Protestant Sunday School program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-noon.

## NCLC offers classes on base

From NCLC

The Navy College Learning Center offers free ASVAB/ACT/SAT prep classes to help increase test scores. The following are the upcoming 2003 winter classes at the Navy College Learning Center (NCLC):

March 3-13

March 17 -27

Classes run from 9 a.m. to 4 p.m. for two weeks. Seating is limited and reserved on a "first-come" basis. To sign up, call 542-3676 or email [Aslcta@inetmail.att.net](mailto:Aslcta@inetmail.att.net).

# No shows, a no-no at Branch Medical Clinic

By Loren Barnes  
Naval Hospital Jacksonville Public Affairs

OK, you've been sick for a week and all of a sudden you're healed! What's the first thing you should do?

Call the Branch Medical Clinic and cancel that appointment you made for tomorrow!

Branch Medical Clinic (BMC) Jacksonville has recently experienced an increase in appointment "no-shows" by clinic patients.

This comes at an especially bad time as the BMC's staffing has been reduced due to deployment of hospital platforms said Lt. Wendy Trevino, BMC acting assistant department head.

Trevino explained that "no-shows" in the Primary Care Clinic at BMC Jax have been averaging 20-40 per day of late. For instance, last Wednesday, out of 130 scheduled appointment in the Primary Care Clinic, 12 no shows (patients who just didn't show up) were docu-

mented by noon, in addition to 14 cancellations (patients who called and cancelled).

To avoid long waits that were part of the old sick call, all care is delivered by appointment and service members are asked to call the BMC at 542-3500 for advice when they need to schedule, change or cancel appointments.

Trevino added that Clinic patrons should be aware that failing to notify the clinic when you're going to miss an appointment is not just an administrative problem but it means other patients that might have been seen during that time-slot will have to wait.

She reminds patrons that during this time of reduced manning it is even more important that they use clinic services judiciously.

Demanding same-day service in the BMC's Acute Care Clinic (ACC) for care that would be more appropriately delivered by a Primary Care provider overburdens the ACC's staff and detracts from their primary role of delivering

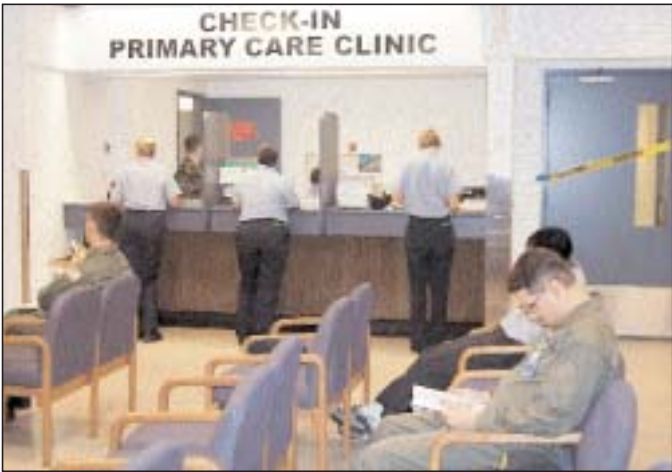


Photo by Loren Barnes

Appointment "No shows" is a problem at Branch Medical Clinic Jacksonville that delays care for patients such as these waiting in the BMC's Primary Care Clinic. It is important to phone in if you're not going to make a scheduled appointment.

urgent care.

If you're ill and feel you must be seen immediately call the clinic and speak to the Triage Nurse. The nurse on duty can help determine whether you should schedule an appointment with a Primary Care provider or be seen in the ACC.

Naval Hospital

Jacksonville and its Branch Clinics assure all its beneficiaries family centered care is simply the best. Delivering that care expeditiously, especially during challenging times, requires cooperation between patrons and clinic staff.

The BMC is doing its part with courtesy reminder calls to patients prior to

appointments. To do your part, we encourage commands to ensure that personnel show up for their appointments as scheduled.

Service members are asked to give the BMC a heads-up phone call, preferably 24 hours ahead of the scheduled appointment time, should they wish to cancel.

# VS-24 'Scouts' cross Atlantic again after short homecoming

By Lt.j.g. Robert Shuman  
VS-24 PAO

After completing a month of rigorous training during Composite Training Unit Exercise (COMPTUEX) in the Caribbean, the "Scouts" of VS-24, embarked on board USS Theodore Roosevelt (CVN 71).

The Theodore Roosevelt Battle Group, including Carrier Air Wing 8, was ordered to the Mediterranean Sea to support diplomatic efforts. The Scouts' official deployment was scheduled for later this spring.

But instead, in early February, the battle group turned east to begin another journey across the Atlantic Ocean. The peaceful crossing ended as the ship passed through the Straits of Gibraltar into the Mediterranean Sea.

Although rarely flying during the trans-Atlantic voyage, the Scouts spent many hours preparing for the up coming mission. Scout aircrew attended training lectures to broaden and reinforce their

knowledge of the many S-3B Viking aircraft systems.

The aircrew also held intensive training on one of their newest capabilities, the employment of the Standoff Land Attack Missile - Expanded Response. The maintenance department continued their hard work grooming and repairing VS-24's eight jets.

The Administrative Department continued to ensure that the all the pay, legal, correspondence and travel requirements of the squadron were covered as well.

All personnel on board the ship were excited to see land again as they came upon the Straits of Gibraltar in the late morning hours.

For most of the crew on board, it had been more than a month since they had seen land. Scout personnel made their way to the flight deck with cameras and video recorders document the passage.

The Strait is located near the northern coast of Spain and the southern



Photo courtesy of VS-24

VS-24 aircraft stand ready for duty on board USS Theodore Roosevelt as the ship heads through the Straits of Gibraltar.

coast of Africa. It was remarkable to see the famed "Rock of Gibraltar" on one side of the ship and the beautiful mountains of Morocco on the other.

Upon entering the Mediterranean Sea, the Scouts and their air wing brethren once again began flight operations, training and supporting the global war on terrorism.

The Scouts would like to thank their families and friends for their love, patience and support over the past two months.

TIRE KINGDOM; 3c; 11"; Black Only;

# Volunteers needed for 2003 Special Olympics

From CNRSE

Volunteers are needed to assist with the Area Five 2003 Special Olympics games March 22 at Edward H. White High School.

Special Olympics athletes, both children to adults, will compete in a variety of events including running, throwing and the long jump.

"Buddy" volunteers are asked to report no later than 9 a.m. and can sign up or ask for more information by calling Special Olympics Coordinator, Dianne Parker at 542-2766, Ext. 130 or by sending an email message to oparker@nasjax.navy.mil.

Sports events volunteers are asked to report no later than 8:30 a.m. and can sign up by calling Bill Bonser at 542-2930/3239 or by emailing dbonser@nasjax.navy.mil. Sports events volunteers will be briefed before game day on duties and assignments.

The minimum age requirement for volunteers is 12 years old, unless volunteering with an adult family member.

Volunteers may also sign up through the NAS Jacksonville website at [www.nasjax.navy.mil](http://www.nasjax.navy.mil). Click on "Special Olympics".

Special Olympics organizers are also collecting trophies which will be refurbished and presented to each Special Olympian. If you have trophies to donate, contact the NAS Jacksonville Gym at 542-3239. Trophies may be dropped off at the gym.

Volunteers participating in the Special Olympics event will receive beverages, lunch and recognition certificates.

MANUEL BELLO; 2c; 1"; Black Only; PU 12/12 RR01683

NAVY FEDERAL CREDIT UNION; 3c; 7"; Black Only; P/U RR03109 & RR05634 FOR DIS-COUNT



# Lucky symbol has stormy beginnings

By JO3 Kathryn Whittenberger  
USS Theodore Roosevelt Public Affairs

It was a dark and stormy night in 1948 when the "Duty Cat" was born. A junior pilot drew a chalk figure on the ready room briefing board of a lightning struck cat, and as VS-24 "Scouts" flew sortie after sortie, braving the horrific weather for hours before finally coming home, their new friend was still standing his watch.

Since then, the Duty Cat has grown from the chalk drawing to becoming a colorful flag that is respected throughout the squadron. The flag is posted in the back of the ready room, and a

patch bearing the Duty Cat image is given to pilots and aircrew who are deemed worthy. The Duty Cat must always stand watch during flight operations to ensure everyone returns home safely.

Fourteen members of the squadron received the privilege to wear the Duty Cat patch Sunday evening. They earned the patch after having 10 carrier day traps and six carrier night traps, writing a poem on the history of the Duty Cat and being voted in by those in the squadron who have already earned their patch.

"It's another step in being officially accepted," said Lt. j.g. Bob Shuman. "It's something that



gets passed down. Everyone who's been in the squadron since it started knows about the Duty Cat."

The patch is special not only for

sentimental reasons, but because the squadron is believed to be the only one that is authorized two official patches. Another unique aspect is that the Duty Cat patch cannot be bought, traded or sold.

"It's not something that we give away," said Cmdr. Tom Fasanello, executive officer, who's been a Scout three times. "It's something everyone strives to get. Among the aircrew, it's one of the deepest traditions in the squadron."

Another part of the tradition is the Duty Cat inlaid in the front of the ready room. No one can step on him, and the current revered image on the deck has a bit of history.

"When we pulled up the tile to put down a new Duty Cat, we pulled up two layers," said Fasanello. "Beneath the tile was a perfectly preserved Duty Cat from the 1999 cruise. We touched him up, sealed it and it's what's up there now."

A firm fixture in the Scouts tradition, the Duty Cat is a symbol of achievement, unity and the bond between aircrews that brings everyone back safely.

**Note:** The patch pictured here is one that was previously used by the squadron. The current patch lists USS George Washington, the ship, the squadron is currently stationed on.

## ‘Topcats’ return home from Puerto Rico

By Lt. j.g. Ricardo Alston  
VS-31 PAO

After two weeks away on detachment to Naval Station Roosevelt Roads, Puerto Rico, the "Topcats" of VS-31 are back at their home base in Jacksonville.

The Topcat team led by Cmdr. Kevin Ruce enjoyed the opportunity to provide training to the USS Theodore Roosevelt Battle Group in their preparations for their upcoming deployment.

The Topcats were assigned to simulate an Opposition Force (OPFOR) to the Roosevelt Battle Group. Not only was the detachment to Puerto Rico a chance to assist in the Navy's training and readiness, but it was also a great opportunity for all Topcats to enjoy some of the liberty available on the beautiful island of Puerto Rico.

Arriving Jan. 21, in Puerto Rico, the Topcats immediately went to work setting up their base of operations at the luxurious "tent city." Located on the edge of a closed runway, tent city afforded a common space for Carrier Air Wing (CVW) 7 to conduct operations.

Although rudimentary and simple in design and construction, it quickly became a place of camaraderie for personnel from all squadrons in CVW-7. "It was a great bonding experience in tent city," said Maintenance Master Chief Petty Officer David Defonzo. "It was a chance to run into some old friends from cruise as well as meet new arrivals to the CAG-7 fighting team."

Under the leadership of Lt. Paul Nix, and Defonzo, the maintenance crews had their base of operations up and running with a high level of expediency and professionalism.

On the air operations side of the house, Lt. Cmdr. Paul Ruchlin led the way for Topcat aircrews, who were busy preparing to meet the flight schedule of the exercise period.

Not all facilities were rudimentary and simple. Government quarters were not available on base and the Topcats of VS-31 were lodged at the Windham El Conquistador Hotel and Resort.

The Topcats maximized the bene-



VS-31 ordnance personnel load weapons onto their aircraft during opposition force exercises with the USS Theodore Roosevelt Battle Group.



VS-31 Commanding Officer, Cmdr. Kevin Ruce (front) leads squadron pilots to their aircraft during their recent deployment in Puerto Rico.

fits of their Puerto Rico experience, working hard and playing hard. Maintenance crews kept a full work schedule while maintaining jets in an up status throughout the exercise.

The aircrews, with the help of their ground support, participated in a wide array of missions including strike support, surface warfare and control, live missile exercises, low level flight, inert ordnance deliveries and aerial refueling.

Off duty, the Topcats sampled much of what the island has to offer; great

shopping, fine restaurants, beautiful beaches, historic Old San Juan, Luquillo, and El Yunque National Rain Forest.

After two weeks of flight operations, which included numerous flight hours and sorties, the exhausted crew returned home grateful for the experiences of their Puerto Rico OPFOR detachment.

Thanks to the hard work and dedication of maintenance and aircrews alike, the Topcats have chalked up another successful detachment.

## Vasquez selected as NAVAIR Depot Jax Sailor of Year

By Susan Brink  
NAVAIR Depot Jacksonville  
Public Affairs Specialist

Naval Air Depot (NAVAIR) Jacksonville Commanding Officer, Capt. Karl Yeakel recently announced the selection of ASM1(AW) Alfonso Vasquez as the 2002 Sailor of the Year.



Arriving at the Depot in October 2001, Vasquez provides a wide range of maintenance, logistic, and support services to the Fleet.

He has taken on collateral duties as the Command Management Equal Opportunity (CMEO) representative, the Command Assessment Team (CAT) member, the Command Urinalysis Program coordinator, and the command aviation safety petty officer.

Vasquez completed the Maintenance Control Management Course in October 2001. In November 2001, he was assigned as the Maintenance Control leading petty officer.

Vasquez quickly qualified "Safe for Flight" on F-14, EA-6B, F/A-18, and P-3 aircraft for the Depot's Flight Check Operations while directing maintenance actions for 25 civilian personnel performing scheduled and unscheduled depot-level maintenance.

Vasquez successfully completed a Bachelor of Science Degree in Workforce Education and Development from Southern Illinois University in November 2002.

"Vasquez is a true asset to this command. He is a top-notch Sailor who is proactive in other command collateral duties for

which he is assigned. A proven leader who has made the difference here at NAVAIR Depot Jacksonville," said CMDCM John Bander.

Vasquez grew up in Corpus Christi, Texas. After graduating from high school, he enlisted in the U.S. Navy in June 1986. Following basic training at RTC Orlando, Fla., Vasquez reported to Aviation Structures "A" School in Millington, Tenn.

He then headed to Fleet Readiness Aviation Maintenance Program for Airframes/ Hydraulic Systems Maintenance training.

His first set of sea-duty orders took him to VF-74 at NAS Oceana, Va. During this tour, Vasquez advanced to petty officer third class.

From August 1990 through September 1992, Vasquez successfully completed a tour with the Enlisted Education Advancement Program (EEAP) earning his associate of arts degree.

His next tour took him to sea with VF-101 at NAS Oceana from September 1992 through October 1993 where he advanced to petty officer second class. From October 1993 to February 1998, he served with VF-14 at NAS Oceana as the Airframes Mid-Check supervisor.

In 1997, Vasquez deployed on a Mediterranean cruise aboard USS John F. Kennedy (CV-67).

His next tour with HC-4 at NAS Sigonella, Sicily, Italy, included various missions/operations in direct support of Fifth and Sixth Fleets, USNAVEUR and USNAVCEC commands.

# Glover-Stroble retires after 37 years at Naval Hospital

By Marsha Childs  
Naval Hospital Jacksonville Marketing Division

Elzada (Zada) Glover-Stroble was honored on Feb. 19, during a retirement ceremony at Naval Hospital Jacksonville. She served her entire 37 years of federal service at the hospital, starting as a clerk typist in October 1965.

Stroble worked in the original hospital, a multiple barracks-type structure, commissioned in 1941 and witnessed the construction of the present inpatient facility that opened in 1967. During her long career, she served 22 commanding officers.

Stroble became a Health Benefits counselor in 1968 and subsequently rose to the position of supervisor, Health Benefits Center where she supervised seven Health Benefits advisors. She witnessed the escalation of the Vietnam conflict and, in 1973, the repatriation of the prisoners of war including Sen. John McCain (R-Ariz.). Upon their return, Stroble provided assistance to many of the POWs and their families. During Desert Storm, she saw hospital efforts gear up for possible casualties as beds were put back on idle wards. Following the attacks of Sept. 11, 2001, she witnessed the emotionally charged staff overcome many challenges like increased security alerts.



Elzada (Zada) Glover-Stroble

She recounted, "I never saw that level of security before. Although the hospital was still open, patients couldn't get on base." Stroble boasts she is proud to be an American and has worn a little flag on her nametag ever since the bombings.

Witnessing many changes to military health care over the years, Stroble was delighted when Congress approved the TRICARE Senior Pharmacy Program giving dually Medicare-eligible beneficiaries a low-cost prescription plan in April 2001.

Congress also approved TRICARE For Life, which was implemented in October 2001 and became a secondary payer to Medicare for beneficiaries over the age of 65. Stroble felt this was Congress' way of keeping the promise of providing free health care to our older veterans.

Stroble has helped countless military families understand their health plan and navigate the military health system. She said, "One of my favorite compliments was from a retired military physician whose wife had cancer. He sent a handwritten note to the commanding officer stating, 'She helps humanize bureaucracy.' If I have done that for a lot of people, that makes it all worthwhile." For her exemplary customer service, Stroble received a Civilian Meritorious Service Award in 1995 and the first annual Cmdr. James T. Kirch Navy Health Benefits Advisor of the Year Award in 1996.

When asked what she has enjoyed most about her long career, she cites service to others and the friendships she has built along the way. Stroble said, "It has been my distinct pleasure to supervise the best Health Benefits Advisors in all of DoD." Her retirement plans include spending time with her husband of one year, Dan Stroble, and playing with their dog, Trey.

## Sea Control Weapon School honors Schumm

From Sea Control Weapons School

Sea Control Weapons School (SCWS) recently named AO1 John Schumm, Instructor of the Year for 2002.

Schumm was born in Rantoul, Ill., at Chanute Air Force Base and raised in Northfield, Minn. After graduating from Apple Valley High School in February 1987, he joined the Navy. Upon graduation from boot camp in Orlando, he reported to Nuclear Field ET "A" School. Upon completion, Schumm requested and was re-designated an Aviation Ordnance-man (AO).

Schumm's first assignment as a newly designated AO was USS America (CV-66). While on board the carrier, Schumm participated in Desert Storm and Desert Shield, while qualifying as a G-4 weapons elevator operator, elevator maintenance technician and a damage control petty officer.

From the America, he transferred to HSL-42 at Naval Station Mayport, where he quickly qualified as a SH-60B Aviation Ordnance Quality Assurance representative. For his next tour, Schumm reported to the "Topcats" of VS-31 and was selected Topcat of the Year for 1997 for his numerous and distinguished accomplishments as the leading petty officer in the Aviation Ordnance Department.

In August 2000, Schumm reported to Sea Control Weapons School, NAS Jacksonville as an instructor. His responsibilities



Photo courtesy of SCWS

Cmdr. Wayne Harrison (right), commanding officer, Sea Control Weapons School (SCWS) presents AO1 John Schumm with a Navy and Marine Corps Achievement in recognition of Schumm's recent selection as the 2002 Instructor of the Year for SCWS.

include providing instruction for the S-3B Viking Conventional Weapons System Checks and Loading courses, Assistant Senior Weapons Inspector for S-3B Atlantic Fleet Conventional Weapons Technical Proficiency Inspection (CWTPPI), senior E-6 member for the Conventional Ordnance Qualification/Certification Board, CSCWL/SCWS NCEA manager, CSCWL/SCWS assistant torpedo asset manager and weapons safety officer.

His technical acumen and superb knowledge of the complex S-3B weapon systems and its associated equipment proved to be invaluable during the introduction of the Maverick Plus System (MPS). He coordinated the MPS acceptance inspection team that performed initial tests, checks and reports on the newly installed system. His efforts significantly decreased turnaround time from induction to completion; quickly returning highly valuable assets back

to the fleet.

Schumm's outstanding leadership, astute managerial skills and his keen attention to detail resulted in the implementation of a revised CWTPPI and fleet ordnance refresher course. His efforts produced a smoother course of instruction, reduced inspection time and turnaround time for more than 60 fleet ordnance personnel and five Atlantic Fleet S-3B squadrons. Schumm has made a lasting impression not only at SCWS, but also throughout the Atlantic Fleet S-3B operational community.



Photo by HM2 Michael Morgan

HM2 Wylee Griffin works with a tissue sample in the hospital lab.

## Griffin accepted for commissioning

By Lt. j.g. Michelle Spears  
Naval Hospital Jacksonville  
Public Affairs

HM2 Wylee Griffin has always loved nursing, so when she got the call that she was accepted to the Medical Enlisted Commissioning Program (MECP) she was ecstatic. "It was something I'd always wanted to do" Griffin stated.

The MECP program is a very selective program that gives enlisted personnel the opportunity to attend school for up to 36 months to earn a Bachelor's of Science in Nursing, while they receive full pay and allowances from the Navy. It is a very competitive program to be selected for, and Griffin was one of 50 selected out of the 350 that applied.

In order to even apply for the MECP program, Griffin had to have been able to be commissioned by her 35th birthday, have no record of disciplinary action under Article 15, have a superb performance record as well as strong academic potential, have a cumulative Grade Point Average

(GPA) of 2.5, have completion of 30 semester credit hours in undergraduate courses that were acceptable for transfer into the nursing program to which she applied, and have her commanding officer's recommendation.

Griffin began putting her packet together in February of 2002 for the August board, and just Griffin has been a corpsman in the Navy for nine years, and has always loved the hands on aspect of patient care. She currently works in the Naval Hospital Jacksonville Blood Laboratory. Prior to coming to Naval Hospital Jacksonville, she did a tour in Pensacola in the Emergency Room for four years, which only reaffirmed her strong desire to go to nursing school. She will be starting at the University of North Florida (UNF) in the fall, and following her graduation will be obligated to the Navy for an eight-year commitment.

For more information on MECP contact your Command Career Counselor.





# From an Outpost in Ecuador



A P-3 naval flight officer checks communications prior to take-off.

A P-3 Orion's maneuverability and surveillance capabilities make the aircraft ideal for counter-drug operations such as the ones carried out from Manta, Ecuador.

U.S. Navy Photo

## Military members serve in Manta

By JO1 Mike Jones  
Assistant Editor

With America bracing for a possible war with Iraq, many may have forgotten the war that's been raging since another President Bush was in office: the war on drugs.

The United States military, in particular the Navy Patrol Squadron (VP) community, is no stranger to this war as squadrons routinely utilize their surveillance skills to help locate and stop drug smugglers before they reach our shores.

Working in conjunction with the United States Coast Guard and other international law enforcement agencies, P-3s track and monitor illegal drug trafficking, providing crucial support in the war on drugs.

Prior to its closure in 1999, Howard Air Force Base in Panama served as a primary location to support counter-drug operations in Central and South America. Since then, several forward operating locations (FOLs) have been established to continue the mission.

In November 1999 the United States and Ecuador signed a 10-year agreement for the use of the Manta airfield for interagency counter-drug flights.

Located at the Eloy Alfaro airport in Ecuador, the Manta FOL serves as a staging area for counter-drug operations carried out by both the Navy and Air Force. Recent completions of both billeting facilities and a full-service dining facility support military members deployed to Manta to carry out many more counter-drug missions there.

"In addition to the mission carried out there, the opportunity to serve in such a unique location makes the experience worthwhile," said Air Force Senior Airman Chris Vickrey. "Manta's a nice place. It's definitely a different duty station than I'm used to."

Vickrey, who's served in such locations as Egypt and Saudi

Arabia, remarked the climate is ideal. "The weather's much nicer here than the desert," he grinned.

Aviation Support Detachment Jacksonville (ASD) provides vital supply support to the VP squadrons regularly deployed to the Manta FOL, and it was that mission which recently saw ASD's AK2(AW) Jaime Ibarra headed there. "This is my second trip to the FOL," he remarked. "It's definitely a unique place to serve."

Armed with an inventory list, Ibarra was responsible for making sure all ASD assets were accounted for during recent squadron turnovers at the FOL.

"We maintain an inventory of parts and supplies for the squadrons to complete their mission in Manta effectively," he said.

Ibarra's acute attention to detail ensured that all parts and supplies were available. "We have quite an extensive inventory there," Ibarra added. "You can't be too careful when going over these inventories."

A native of El Paso, Texas, Ibarra, who speaks fluent Spanish, found communication easy with the local Ecuadorians. "My accent's a little different," he laughed. "They think I'm from Mexico."

For AK2 Alexandra Figueroa, VP-5 Material Control leading petty officer, duty in Manta is all too familiar. "I'm originally from Ecuador," she explained. "It's funny – I joined the Navy to see the world, and now I'm back here."

Most importantly, however, it's the success of the counter-drug operations that truly makes service in Manta rewarding. "By having the parts available for the squadrons there, it eliminates down-time waiting for replacements parts to be shipped," said Ibarra. "By maintaining our inventory there, we can ensure the planes fly more frequently to carry out this important mission, ultimately reducing the amount of drugs which make it to our streets."



Air Force Senior Airman Chris Vickrey, Peterson Air Force Base, Co., carefully checks a driver's identification at the Manta FOL entry point.



AK2(AW) Jaime Ibarra double checks an inventory list before returning to NAS Jax.

**“I’m originally from Ecuador. It’s funny – I joined the Navy to see the world, and now I’m back here.”**  
**AK2 Alexandra Figueroa**





# From an Outpost in Ecuador



VP-26 crewmembers enjoy chow at the newly built dining facility at the Manta FOL.



Air Force Master Sgt. Michael Jaecke, Utah Air National Guard 169th Intelligence Squadron, takes advantage of some down time to keep his fitness up in the billeting weight room at the Manta FOL.



AK2(AW) Jaime Ibarra verifies inventoried items with VP-5's AK2 Alexandra Figueroa.



*Photos by  
JO1 Mike Jones  
&  
PH2(AW) Toiete Jackson*

A P-3 flight commander and navigator plot a mission's course prior to taking to the sky.



AK2(AW) Jaime Ibarra goes over a repairable parts inventory with AK1(AW) John Smithisler, VP-26 Material Control leading petty officer.



AK2(AW) Jaime Ibarra's Spanish skills come in handy as he converses with a local taxi driver in Manta, Ecuador.

# Elementary schools support Navy Families ‘Heart To Heart’

By Dianne Parker  
FFSC

The traditional observance of Valentine's Day this year took a back seat to the patriotism of elementary school children across our nation who joined with "Operation Heart to Heart" to support Navy families.

As a result of this unique program, stuffed pouches of Valentines cards and letters from elementary schools nationwide were shipped to Fleet and Family Support Centers (FFSCs) around the world to distribute to the families of deployed services members. The cards and letters were written to thank families for their sacrifice in missing their loved ones who are supporting Operation Enduring Freedom. The NAS Jax FFSC received dozens of cards and letters from three schools in Florida that participated in this project. Cards from students enrolled at Lawton Chiles Elementary School, in Gainesville, arrived just in time to be distributed to families of service members attached to the Marine Corps Reserve Center who deployed recently. The center also received cards from Woodward Avenue Elementary School, Deland, and Bayview Elementary School in Jacksonville. After reading several of the some 400 cards and letters sent, the FFSC worked with commands and ombudsmen to distribute them to families of deployed service mem-



Photo by Dianne Parker

A group of ombudsmen from NAS Jax commands sort through hundreds of Valentine's cards from children at local elementary schools to be sent to deployed service members.

bers. On Valentines Day, FFSC staff handed out cards to spouses and family members that visited the center.

According to FFSC staff, each card was a true work of art and contained some of the most heart-warming and inspiring personal messages that could be imagined. Some children displayed their creative talents with drawings of Uncle Sam, flags, tanks and other patriotic scenes. Others sent simple messages, such as, "I love you and thanks for giving your time to support our country."

Karissa, a student at Woodward Avenue Elementary in Deland, wrote this touching verse: "My love is a cabbage divided into two, the leaves I give to others, but the heart I give to you. Happy Valentines Day."

Olivia, also of Woodward Avenue Elementary School wrote, "Before you know it,

your loved one will be back home watching the NFL and NBA games on TV. Think of war as a dentist appointment, you have to get through it before you can do anything else."

"Project Heart To Heart" is an initiative of the National Military Family Association, in conjunction with the National Association of Elementary School Principal, International United Service Organization and several other organizations.

Spouses and family members who received these heart-warming treats were overwhelmed to see how much our youth and schools support them. Several command ombudsmen stated they will write the schools to thank them for their support. On behalf of the NAS Jax FFSC, we thank these young patriots for their uplifting messages of support for our troops and their families.

## Celebrating heritage



Photo by PH3 Jennifer Rivera

(Above) Military and civilian employees, retirees, family and friends enjoy this year's African-American Month Luncheon, "The Souls of Black Folk: Centennial Reflection" held last Thursday at the NAS Jacksonville River Cove Conference Center.



Photo by Miriam S. Gallet

Brigette "SoulFlower" Hogan (left) delivers a passionate keynote speech during the luncheon.

## KUDO KORNER

The following staff members at Naval Hospital Jacksonville were recently recognized with awards:

### Navy and Marine Corps Achievement Medal

Lt. Cmdr. Robert Fuller  
SH2 Nonye Nduka  
HM2 Maria Foronda  
HM3 Christina Jacks

### Meritorious Civilian Service Award

Donald Graham

### We Care Awards

Ensign Thomas Dowdle  
DT2 Don Jacobs

### Civilian of the Quarter

Jennifer LeBlanc  
Cathleen Chapman

### Civilian of the Year

Carol Lopez  
Billy Perdue

### Civilian Length of Service Awards

#### 10 Years

Virginia Cuevas  
Gail Hall  
Jessie Parco

#### 20 Years

Elda Bell  
Bonnie Davidson  
Timothy Harris  
Virginia McLean  
Rosario Menciano  
Cecelia Shipp

#### 30 Years

Patricia Harlin  
Catherine Jones

## UNF offers military night

The University of North Florida (UNF) is offering a special military night to their UNF vs. Navy NCAA baseball game on March 11 at 7 p.m. at Harmon Stadium.

This event is free for active duty military, retirees and reservists and their families. Parking is \$2.

Other upcoming local games are:

March 10, 2 p.m. – UNF vs. Notre Dame  
March 12, 1p.m. – UNF vs. Eastern Illinois  
March 13, 1 p.m. – UNF vs. Creighton  
March 14, 4 p.m. – UNF vs. Notre Dame



# De-stress with a massage at the base gym

By Miriam S. Gallet  
Editor

Massage therapy, a healing art used by humans for the relief of pain and stress for thousands of years is now available at the NAS Jacksonville Gymnasium.

Whether you are seeking to experience a neuromuscular, deep-tissue, Swedish, or sports massage, you can now enjoy one at the base gym at very competitive prices. With two licensed massage therapists on duty seven-days-a-week and massages ranging from 15 minutes to 1.5 hours in duration, it is easy for military and civilian employees, retirees and family members to make an appointment and enjoy an hour of so of relaxation and the release of accumulated stress and tension.

Massage therapy is the scientific manipulation of the tissues of the human body in order to normalize those tissues and improve circulation and movement. It consists of a series of manual techniques that affect the musculoskeletal, circulatory, nervous, and other systems of the body.

"I feel massage and facials can positively affect the whole person – mind, body and spirit," said Sally Burton, one of the two licensed massage therapists working at the base gym. Burton has been a massage therapist since 1989 and specializes in Swedish, sports and deep-tissue. She is also a licensed aesthetician.

According to historical records, two New York physicians' brothers George and Charles Taylor, who had studied in Sweden, brought scientific massage therapy to the United States in the 1850s. However, the Chinese were the first to practice massage.

An ancient Chinese book, *The Cong Fou of Tao-Tse*, dating back to 3,000 B.C. is the oldest known book written about massage. It addressed the use of medicinal plants, exercise and massage to treat disease and maintain health. The Chinese used a technique called "amma" to find points on the body where massage might prove most effective. The book was translated to French in the 1700's.

Through out history, people from all over the world have enjoyed the benefits of massage. Massage therapy arrived first in India from China and it has been a part of Hindu life for 3,000 years. It later arrived in Greece in 300 B.C. In fact, in the *Iliad and Odyssey*, Homer described the need for nutritious food, exercise and massage in order to



Photo by Miriam S. Gallet

Licensed Massage Therapist Placida "Cida" Kerzner feels the back of a client to determine the areas where the client is tight and holding stress.

## Kinds of massage available at the NAS Jacksonville Gym

**Swedish Massage** – The most common type of massage, promotes general relaxation, improves circulation and range of motion and relieves muscle tension. It uses a system of long gliding strokes, kneading, and friction techniques in the direction of blood flow toward the heart. The strokes are sometimes combined with active and passive movements of the joints.

**Neuromuscular Massage** – It is used to reduce pain. It is a form of deep massage that is applied specifically to individual muscles or group of muscles. It is used to increase blood flow, release trigger points or knots of muscle tension that send pain to other parts of the body and release pressure on nerves caused by soft tissues.

**Deep Tissue Massage** – Similar to Swedish, this method goes deeper and it is applied with greater pressure and to deeper layers of the body. It is used to release chronic patterns of muscular tension using slow strokes and direct pressure directed across the grain of the muscles.

**Sports Massage** – This type of massage has become increasingly popular in the United States. Using similar techniques to those applied in Swedish and deep tissue massage; the movements are specifically adapted to address the needs of athletes and the effect of athletic performances on the human body.

promote healing and relaxation in the human body. Additionally, paintings found in ancient Egyptian and Mayan tombs document the use of massage, reflexology, and aromatic oils on the body.

Hippocrates, known as the father of medicine, taught massage and believed physicians should trained in massage as a method of healing.

Today, a licensed massage therapist can be found in

every corner of the world.

Placida "Cida" Kerzner, a licensed massage therapist at the base gym specializes in a variety of modalities including neuromuscular and Rolingf, explained, "Massage therapy promotes circulation or Venus flow through out the body, stretches the fascia, releases tension, and enhances sleep. A massage is considered the equivalent of eight hours of sleep."

According to Kezner, massage can also help reduce fluid accumulation in the joints. Also, during a massage, a good therapist can tell if person's body is dehydrated by the color and texture of the skin. Kerzner recommends drinking a minimum of eight glasses of water a day or a full gallon if a person is active.

Documented studies show that staying hydrated is vital to maintaining good tissue connectivity and overall good health.

Just like in any massage therapy center out in the community, the massage room at the base gym offers complete privacy. During a massage session customers are fully draped and special blended lotions and oils are used on the body. Background music softly plays as they lie on the massage table and enjoy a trip to Nirvana.

According to the American Massage Therapy Association (AMTA) the number of Americans receiving one or more massages from a licensed massage therapist has doubled in the past year. Increasingly,

Americans are turning to massage therapy as a form of alternative or complementary medicine to treat an ailment or to relieve stress.

For an appointment or to learn more about massage, call the NAS Jax Gym at 542-2930 or 542-3239.

# Green to retire after 20 years service

From NCTS Jax

ITC(SS) Christopher Green of Naval Communications Station Jacksonville will retire from the United States Navy tomorrow after 20 years of honorable service.

A native of Denver Colo., Green joined the Navy in April 1983.

Upon completion of basic training at RTC San Diego, Calif., Green began his military career by successfully completing a multitude of rate related technical training. After completing Radioman "A" School and Basic Electronics and Electricity School at the Service School Command in San Diego he was advanced to petty officer third class.

His training continued at the Basic Submarine and Submarine Electronics Technical Training School in Groton, Conn. and "C" School at Mare Island, Calif. where he received Cryptographic Repair Training.

Green's first permanent duty assignment from January 1985 through April 1987, was on board USS Tullibee

(SSN-597), where he was advanced to petty officer second class.

His next tour was on board USS Albuquerque (SSN-706) where he was advanced to petty officer first class. In June 1989, he transferred to COMSPAWARSYSCOM Washington D.C., where he served as the ON-143 Allocation manager.

During this tour he met and married his wife, Terri, and was promoted to chief petty officer in September 1991.

In July 1992, he transferred to NCTAMS Westpac Guam. The following year, his son, Shane, was born.

In July 1994, he reported to Commander, Seventh Fleet aboard USS Blue Ridge (LCC-19). Green's next tour was with CNCTC Washington D.C. as NAVCSRF technical officer.

In March 2001, Green reported to Naval Computer and Telecommunications Station Jacksonville where he served as Defense Message Systems chief. In 1998, technology changes created the opportunity for Green to change from the Radioman rate to Information Technician.

### Military Spouse Support Group Meeting

*Guests welcome on the Red Sea shore*

- Developmental Adjustments
- Return & Reunion from Deployment
- Children/Teens Coping with Deployment
- Spouse Management & Time Management
- Spouses' Travel - Missing Connections
- Employment and Career Options
- Vol. Fire 1st - House/Car Repairs
- Personal Safety - Self Defense
- Financial Budgeting/Paying
- Health & Wellness & Exercise
- Networking on Your Own

Every Tuesday at 7 p.m. on Wednesdays at 10:30 a.m.  
Both Opened (Religious Education Building), Building 708  
Call 542-2769, 542-127 for registration details

# MWR NOTES

**Veterinary Treatment Facility**

The NAS Jax Veterinary Treatment Facility (VTF) is located in Building 8 at the corner of Ranger Street and Enterprise Avenue. The VTF is open Monday through Friday from 8 a.m. – 4 p.m. The VTF is closed on legal holidays. Pets are seen by appointment only. Appointments may be made in person at the VTF or by calling 542-3786.

The clinic is limited to services permitted by regulations. These include vaccinations, heartworm testing, fecal testing and minor treatment of the eyes, ears, and skin on an outpatient basis. Heartworm and flea prevention products are available for purchase at the VTF during regular business hours.

**Mulberry Cove Marina news**

Learn the rules of the waterways and enjoy a safe boating experience. Take the Florida Safe Boating Course. "How to Boat Smart. The class is free and open to all hands.

The marina offers free kayak and canoe rentals for active duty Sailors on Thursdays. It's a great way to get acquainted with some of the equipment on hand and have some fun too. For more information on marina events, call 542-3260.

**Budweiser Brew House specials**

The Brew House holds Karaoke every Wednesday evening from 6-10 p.m. through February. Put your voice to the test. See if you can rate as the best vocalist of NAS Jax. Bring your buddies to help root you on to victory.

Get ready to have some fun at the Brew House. On March 4 from 4:30-10 p.m., enjoy Mardi Gras. Come out and join in the festive fun celebration. There will be food and beverage specials.

**Auto Skills Center**

Visit the Auto Skills Center for your professional or hobby car care needs. The center offers an array of services for the novice or professional auto enthusiast. There is an ASE qualified mechanic on hand to assist with questions and tips on servicing your vehicle. The center is open Monday, Thursday and Friday from noon to 8 p.m., Saturday and Sunday from 9 a.m. to 5 p.m. and all holidays from 9 a.m. to 3 p.m. except Thanksgiving, Christmas and New Year's Day.

The Auto Skills Center offers a shop orientation class on the third Thursday and Friday of each month. Reservations are required for the orientation. Call 542-3227 for information.

**Mulligan's 19th Hole**

Come out and join the Mulligan's crew for their festive Mardi Gras party, "Hipp Street" tomorrow. Enjoy a live jazz & blues band from 5-9 p.m. and karaoke from 9 p.m. until midnight. Come out and crown the king and queen of Mardi Gras.

**What's happening for kids?**

Parents don't let your kids miss out on the great line-up of events at the Youth Activities Center. Bingo Fun is scheduled for tomorrow from 6-8 p.m. and the cost is \$2. Friday will be movie night starting at 6 p.m. The cost is \$1.

Dance classes and Tae Kwon Do classes are available at the NAS Jax Youth Gym and Yellow Water Youth Activities. If you are interested in registering your child, stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water).

**Let Delivery Zone bring the meals to you**

Can't get away from the office? Live on base? Having an office party? Call the Delivery Zone and let us bring the food to you. We deliver free anywhere on base and have a wide variety of pizzas, subs, salads, sandwiches, wings, appetizers and more on our menu. To place an order, call 542-3900.

**Free movies offered**

Enjoy free movies at the base theater each Friday evening starting at 7 p.m. and every other Saturday at 5 p.m. and 7 p.m. Bring your own popcorn, soda and snacks. Sit back and enjoy some of Hollywood's premier blockbuster hits. There are no alcoholic beverages allowed in the theater and persons under 17 are not permitted

without adult supervision.

Tomorrow, 7 p.m. - Brown Sugar (PG 13)  
Saturday, 5 p.m. - I Spy (PG-13)  
Saturday, 7 p.m. - Banger Sisters (R)  
March 7, 7 p.m. - Ghostship (R)

**Upcoming Liberty events**

We're starting a T-shirt design contest. Come by the Liberty Recreation Center to get more details.

Tonight - Madden'03 tournament. Sign-up begins and food is served at 6 p.m. and the tournament starts at 7 p.m. A \$25 gift certificate to the NEX will be awarded to the winner.

March 1 - Monster Truck Show at Alltel Stadium. The cost is \$10 for active duty and \$16 for guests. Your ticket includes club seating and a free pit pass. The van leaves at 6 p.m. from the Recreation Center. Patrons can sign-up now in the Vault at the center.

March 5 - Liberty is hosting a pool tournament at 7 p.m. Pizza will be served at 6 p.m. and sign-up starts at 6 p.m. The winner receives a \$25 gift certificate from the NEX.

March 6 - Jacksonville Barracuda's vs. St. Pete Parrots. It is free to active duty and the van leaves at 6 p.m. Sign-ups begin at 3 p.m. the day of the event.

March 7 - International Car and Truck Show. Sign-ups begin at 3 p.m. the day of the event.

March 8 - Join us for paintball. This event is free to the first 10 people who sign-up, then the cost is \$5.

**I.T.T. travel fair coming up**

Visit with more than 40 vendors of attractions, hotels, and travel services for Florida and Georgia on March 13. Speak with representatives from Disney, Sea World, Universal, the Jacksonville Zoo and many, many more.

**Escape the ordinary on an I.T.T. trip**

Have some fun with I.T.T. - take a trip or treat yourself to a show! Stop by our office located adjacent to the NEX, and sign up for a great trip. Our trips are open to all hands, so bring a friend! For more information call the office at 542-3318.

Here are some of the upcoming events I.T.T. has tickets for:

March 11 - Harlem Globetrotters, \$19.25  
March 14-16 - Dragon Tales, \$16  
March 25 - Stars on Ice, \$38  
March 27-30 - The Players Championship, practice rounds are \$26.50  
One-day tickets are \$46.50 and Stadium Club tickets for all week are \$139.05.

I.T.T. is sponsoring the following trips:

Saturday - Universal Orlando's Mardi Gras - Don't miss this trip because after playing all day at the park, you will ride on a float in the parade. Transportation and tickets are \$59.50 for adults and \$50 for children (3-11).

Sunday- Okefenokee Swamp - Enjoy a relaxing day including a boat tour, scenic nature drive and a walk on the boardwalk for \$15.50.

March 8 - Strawberry Festival - Join us as we head to Plant City, Fla. Enjoy rides, entertainment and strawberries. Tickets and transportation is \$22.50.

March 17 - St. Patrick's Day Parade in Savannah - Grab your green hat and hit the road for the biggest St. Patrick's Day Parade in the south for only \$15. Transportation departs I.T.T. at 7 a.m. and returns at 8 p.m.

**Sleuth's Mystery Dinner Show**

The MWR Information, Ticketing and Travel office and the River Cove Catering Center will be hosting the popular Orlando-based Sleuth's Mystery Dinner Show on March 28. Watch for clues while on the edge of your seats as you try to solve an exciting who-dunnit. Price per person is \$30.

*Visit MWR online at [www.nasjax.navy.mil](http://www.nasjax.navy.mil) and look for the tab marked MWR this is your tab to unlimited fun. For questions or comments e-mail us at [mwrmtg@nasjax.navy.mil](mailto:mwrmtg@nasjax.navy.mil).*

## Chiefs show appreciation



Photo by Glenn Mebane

The chief petty officers of Commander, Patrol Wing 11 recently presented a plaque of a tailhook blade to the Fouled Anchor Chief Petty Officer's Club. The plague will be on display at the facility.

## NAS Jax to host Navy Run

By Staff

The NAS Jacksonville will host the 25th Navy 10K Run/5K Walk on April 5 at 7:30 a.m.

Due to security measures, participation is limited to those authorized to enter the base (valid ID card and Department of Defense vehicle decal). Others can participate with an authorized sponsor who will arrive with them and stay with them during the event.

Pre-registration will be held at the Holiday Inn, Route 17, in Orange Park on April 4, from 11 a.m. to 6 p.m.

The race is free to all active duty personnel. The cost to all others is \$15 prior to April 5. The cost for military and civilians who register the day of the race is \$20.

Late registration will take place in the

Navy Exchange Parking lot the day of the race from 6 a.m. to 7 a.m. Packets may also be picked up on race day at the registration area.

The race starts at 7:30 a.m. with an awards ceremony following in the Navy Exchange parking lot.

Following the 10K race, awards will be presented for the top three male and female finishers, top masters and grand masters, plus three males and females in each age group. The top male and female in the Wheelchairs Category will also receive awards. The 5K walk is non-competitive this year.

There will be a shoe fair outside the Navy Exchange the morning of the race.

For additional information call 542-2930 or 542-3518.

## Marina to sponsor annual bass tourney

By Phil Collins

NAS Jax Mulberry Cove  
Marina Manager

NAS Jax Morale, Welfare and Recreation Department invites all active duty and retired military and civilian contractors to participate in the 21st annual NAS Jacksonville Bass Tournament. The one-day tournament will begin at first light on April 12 at the Mulberry Cove Marina.

Due to enhanced security, this year's tournament is open only to those who have access to the base.

Access to the base is the responsibility of each angler. Last year, the event hosted 166 anglers and awarded more than \$5,000 in cash and prizes at the weigh-in ceremony, which was attended by more than 230 people.

The tournament follows a team format of two anglers per boat. The early entry fee is \$60 per team and \$75 after April 1. There is an optional Big Bass pot fee of \$10. The cash prize payout is 80 percent, with 100 percent of the Big Bass Pot awarded.

Thanks to the generosity of our local Jacksonville businesses, valuable door prizes are awarded each year.

Every angler will receive a tournament hat and/or T-shirt, sponsor bag with pro-

motional items, and complimentary food and drinks during the weigh-in ceremony.

The tournament results will be certified by the St. John's Bass Anglers Club. This club was established in 1970, and is the oldest

federated bass club in Florida and the fifth oldest in the country.

For more information and to obtain an entry form, contact the Mulberry Cove Marina at 542-3260 for an entry form or e-mail [collinsph@nasjax.navy.mil](mailto:collinsph@nasjax.navy.mil).

## JAX TALES

By Mike Jones

[www.rickystour.com](http://www.rickystour.com)





# Jax Sports News

Greybeard softball league forming

The Greybeard league is open to all NAS Jax active duty commands and personnel ages 32 and above. This is a Captain's Cup event. The season is scheduled to begin in March and games will be played on Tuesdays and Thursdays at 11:30 a.m.

Intramural softball league starting

The intramural league is open to all NAS Jax active duty commands and personnel. This is a Captain's Cup event. The season is scheduled to begin in March and games will be played on Tuesdays and Thursdays at 5:30 p.m. and 6:45 p.m.

Women's softball league forming

The women's league is open to all NAS Jax active duty, dependents over 18, retirees, and DOD civilians. The season is scheduled to begin in March.

Open softball to begin

This league is open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. A meeting will be held today at Mulligans at 4 p.m. The season begins in March and games will be played on Tuesdays and Thursdays at 4:30 p.m. All interested personnel should attend the meeting.

Navy Southeast Regional Running and Triathlon Team

Attention competition runners - represent the Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided, as well as, transportation, entry fees, and lodging costs.

Interested runners must compete in sanc-

tioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time must be one of top ten regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Qualifying times

5K	Men 19:00	Women 24:00
10K	Men 34:00	Women 46:00
Marathon	Men 3H30M	Women 4H
Triathlon	Men 2H30M	Women 3H
Triathlon time based on		
1.5K swim, 10K run, 40K bike		

For more information about any of the sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2930/3239 or via e-mail at dbonser@nasjax.navy.mil or dgorman@nasjax.navy.mil.

# Sports Standings

Intramural Basketball Standings as of Feb. 21			Greybeard Basketball Standings as of Feb. 21		
Team	Wins	Losses	Team	Wins	Losses
VP-30	17	0	NCTS	7	1
VS-30	12	1	FACSFAC	5	1
Supply	13	2	NAMTra	4	2
VP-45	11	4	AIMD	3	5
BDC	10	3	VS-30	2	2
AIMD	9	5	4-on-4 Flag Football Standings as of Feb. 21		
NavHosp	7	8	Team	Wins	Losses
HS-15 Blue	4	6	VS-31	9	1
VP-45 O'S	4	8	VP-30	8	2
HS-15 Yellow	4	8	NLSO	7	3
ATC Ops	2	10	CNRSE	5	5
FACSFAC	2	11	HS-5	5	5
VS-31	2	12	NAMTra	4	5
			AIMD	1	9

# Community Calendar

**The Navy Wives Clubs of America, NWCA Jax No. 86** meets the first Wednesday of each month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information, call the Thrift Shop at 772-0242 or Pearl Aran at 777-8032.

**The Navy Wives Club's DID No. 300** meetings are held the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. For more information call 387-4332 or 272-9489.

**Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE)** invites all retired and currently employed federal employees to their regular monthly meeting the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information call 276-9415.

**MOMS Club of Northeast Florida** meets the second and

fourth Thursday of every month from 10 a.m. to noon. The meeting is free and open to all at-home mothers and children who live in the zip code areas of 32206, 32218 and 32226. MOMS Club is a support group for moms wanting a variety of activities for you and your children. The chapter offers monthly meetings, newsletters, activity calendars, playgroups, field trips and service projects. For meeting location or more information, contact Debbie at 751-0671 (debbiejkg@yahoo.com) or Kathi at 751-3400 (katdj28@aol.com).

**Submarine Sailors** - If you have qualified on a United States Navy submarine in the past or present you are invited to join "First Coast Sub Vets." If you have qualified on a submarine from a foreign country, you are invited to join as an associate member. Meetings are held the second Saturday of each month at the American Legion Post 316 on Atlantic Blvd. For more information contact the Base Commander at rjjax@attbi.com or 241-6222.

**The Marine Corps League,**

**Jacksonville Detachment** holds their monthly meeting the first Thursday of the month at 7:30 p.m. at the Marine Corps Recruiting Station at 3728 Phillips Highway, Suite 229. For more information call John Leisman at 779-7375.

**Girl Scout Troop 333** meets every Wednesday from 7-8:30 p.m. at NAS Jacksonville Chapel Annex. All girls grade 4-6 are invited, adults are also needed. If interested contact Lynne Sebring at 317-2363 or come to the meetings.

**St. Joseph's New Directions** is a year-round support group for the divorced and separated. Meetings are held the second and fourth Wednesday of every month. The meetings start at 6:45 p.m. and are held in the Convent at St. Joseph's main church on Loretto Road. Call 268-1591.

**Christian Fellowship Night** will be held behind the Chapel in Bldg. 749 from 6:30 – 9 p.m. every Tuesday night. For more information call 542-3051.

**The Clay County Chapter 1414, National Association**

**of Retired Federal Employees** is holding their monthly meeting March 11 at 1 p.m. at the Orange Park Library. For more information, call 276-9415.

**The U.S. Coast Guard Auxiliary (Flotilla 14-8)** is sponsoring three one-day Boating Safely programs on March 15, April 26 and July 26 from 7:30 a.m. to 5 p.m. at Mandarin High School. The cost is \$20 per person. For more information, call Bob Strong at 721-1346.

**VS-30/VS-801** will hold their 50th Anniversary Celebration March 12-15, 2003 (in conjunction with Viking Week East) in Jacksonville. Contact: Lt. D.B. Waidelich at 542-8546 or email waidelichdb@vs30.navy.mil. Anyone searching for memorabilia and history should contact Cmdr. Ruth at ruthda@cscwl.navy.mil.

**The 60th Anniversary Jolly Roger Reunion (1943-2003)** will be held May 15-17, 2003 at NAS Oceania, Va. For more information, e-mail reunion@vf103.navy.mil or call (757) 433-5833.

# New college programs offered on base

From the Navy College Office

Two new programs are being offered at NAS Jax beginning next month. Although the new Criminal Justice Technology class is completing its second course it's not too late to sign up and join a motivated group of students. Florida Community College at Jacksonville (FCCJ) is offering Intro to Criminal Justice beginning March 3. FCCJ will also be offering Legal Assistance courses in the near future. For more information, stop by the FCCJ office Monday through Friday from 8 a.m. to 4 p.m. of call 771-3979.

The following is the upcoming schedule which runs March 3 – May 2. There will be no day classes for this term.

Monday/Wednesday	Course	Building	Room
AMH 2020	U.S. History	966	254
CCJ 1020	Intro to CJ	Brig	
CGS 1060	Intro to Computers	110	Lab
ENC 1101	English Comp I	966	211
MAT 0024	Elementary Algebra	966	253
MAT 1033	Intermediate Algebra	966	251
SOP 1002	Human Relations	966	261
Tuesday/Thursday			
BUL 2131	Business Law I	4	
CGS 1570	Microcomputers	110	Lab

DEP 2004	Human Growth & Dev	966	253
ENC 1102	English Comp II	966	211
EUH 1001	Western Civ	4	
GLY 1010	Physical Geology	966	251
MAN 2300	Human Resource Mgmt	966	261
SPC 2600	Speech	966	254